

VAU.S. Department
of Veterans Affairs

News Release

FOR IMMEDIATE RELEASE

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We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13010 or e-mail tara.scheuer@va.gov

Aleda E. Lutz VAMC launches One Step Today campaign to promote mental wellness

Saginaw, MI — In recognition of Mental Health Month, the Aleda E. Lutz VAMC is promoting the U.S. Department of Veterans Affairs' (VA) [One Step Today](#) campaign, a monthlong effort highlighting ideas and advice — for Veterans, from fellow Veterans — that can make a meaningful difference in improving their mental health.

Through One Step Today, Veterans encourage each other to discover their creativity, learn to forgive, pick up a new hobby, reach out for support or VA health care, and more.

"Exploring these ideas can help Veterans begin to address a mental health challenge or simply pursue a healthier, fuller life," said Dr. Nazzareno Liegghio, Associate Chief of Staff for Mental Health. "The goal of One Step Today is to inspire Veterans to start, by taking one step at a time, on a path toward recovery, well-being, and a healthier tomorrow."

The path toward recovery is unique for each individual Veteran and requires creating an individualized roadmap which is Veteran focused and includes a variety of treatment types and resources. A focus for Mental Health Month is to increase the awareness of these additional resources for Veterans which can help support recovery and well-being.

Throughout May and beyond, we encourage Veterans and their families to visit [MakeTheConnection.net/MHM](https://www.maketheconnection.net/MHM) to learn more about mental health resources, sources of support for their mental health journey, and treatment options in their communities.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center. It provides care to over 36,938 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located

throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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